

Drug proving as I witnessed

Drug proving was one of the fundamental principal of Dr Hahnemann, but unfortunately the credit for the first person to introduce this cannot go to him, it is mentioned in history that as early as 200 BC Shen Nung emperor of China tested herbs upon himself for eliciting therapeutical efficacy.

Later, in the sixteenth century, Paracelsus, the veritable Luther of Medicine preferred medicines that he had tried on himself and the Zurich doctor, Conrad Gessner actually experimented drugs, usually derived from plants, on himself. Albrecht von Haller recommended this procedure but mostly for his work in physiology. Another person of note was the Viennese Anton Stoerck who tried the drugs first on animals, and then on him.

It is felt by many historians that Hahnemann, as a former Vienna student, may have got the idea from Stoerck. Hahnemann was the first person to provide a precise scientific basis for these desperate investigations, and bring them into a comprehensive therapeutic context. In his study of Cinchona Bark, which he carried out on himself in 1790 he observed that this drug produced the typical symptoms of Malaria. His

experiments on Cinchona Bark led him to his formulate Law of Similars, and also marked the beginning of the systematic performance of homoeopathic drug proving.

I was as a young doctor not much interested in drug proving, for first 6-8 years of my life I was indifferent to the whole process, the reason being I was mostly trained by doctor from Calcutta who were focused more on clinical material medica.

In 1987 when I went to Brazil Sao Paulo to study snakes I realized that snakes in homoeopathy is one big mess, there was huge problem related to taxonomy and classification of snakes ,over there I saw many snakes with very powerful venom that had yet to be introduced in homoeopathy.

First thing I did after coming back to India was to expand my horizon on experimental pharmacology for developing a totally new principle for ascertaining the curative power of poisonous snakes of Amazon valley. I collected a small group of dedicated homoeopathic doctors who wanted to prove homoeopathic medicines.

I had decided long back that I will only prove homoeopathic medicines made from serpent kingdom so that I can understand the depth of efficacy related to snakes. From 1988 till 2013 I have proved 8 snake remedies.

- Bitis arietans
- Bungarus facitatus
- Echis carinatus
- Eunectus noteaus
- Morelia spilota
- Naja haje
- Naja mossambica
- Ophiophagus hannah

What I learned from proving the above remedies is mentioned below:

Try and select dedicated and experienced provers who can describe the symptoms in detail and who has a good understanding of his or her body that's the reason why I selected always homoeopathic doctors.

I avoid selecting provers who are anxious or nervous or hypochondriac by nature.

I keep regular monthly meetings and video the whole meeting to understand what the provers really felt.

I carry on the proving for 18 months to see long term effects.

When only snake remedies were proved I saw something common that came through all the remedies.

Following themes emerged.

Activity

Many remedies loved to keep themselves busy.

Anger

Lot of pent up anger came out in the form of throwing things, from contradiction, with quick repentance, sadness after anger.

Anxiety

Very hypochondriac with lot of issues related to his health.

Concentration

Any literally work makes them dull and sleepy; confusion of mind, forgetfull, even in well known streets forgets the way.

Out of Body and De javu

Many provers had de javu and out of body experiences. This was accompanied by increased awareness of his body.

Awkwardness

Clumsy movement and embarrassment from awkwardness

Laziness

Laziness in the morning esp. waking on, this is followed by sadness (Depression), indifference to work, business and surroundings.

Fear

Fear of being attacked, being alone and of impending disease, losing self control and accidents.

Memory problems

Forgetfulness of day to day activities, makes mistakes in well known streets, loses the direction of the road, all this leads to confusion.

Irresolution

Poor confidence and self depreciation esp. in snakes from Naja genus. This finally leads to strong pessimism.

Benign Positional Vertigo

Many snake remedies I proved have excess of vertigo esp. any motion of the head or eyes, this is accompanied by fainting.

Occipital migraine

Many occipital migraine accompanied by neck stiffness, better by drinking coffee or warm drinks worse rest, noise, travelling or motion.

Acne

Hormone related eruptions esp. acne with ugly scars.

Vaso motor rhinitis

Leading to allergic sinusitis, paroxysmal sneezing, copious discharge, snuffles, nasal obstruction esp. left sided morning waking on. Maxillary sinusitis.

Ear stopped

Pulsation left sided in the arteries, stopped sensation, left sided otalgia, hearing impaired in left side.

Apthae

Apthous stomatitis.

Lump in the throat

Follicular, granular pharyngitis. Left sided throat affection, draft of cold air aggravate around the throat.

Flatulent colic

Flatulent colic that extends all over the abdomen

Severe Intertrigo

Intertrigo in groins, red rashes in the folds of the skin.

Early morning diarrhea

Diarrhea with severe colic in abdomen which extends to distant parts

Dreams

The common theme that was witnessed was being pursued, attacked, violence, robbers and dead relatives.

Menstrual cycle was almost always affected in most of the snake venoms

Menses late and delayed for many weeks and when they get the menses it is very scanty.

Leucorrhoea accompanied during or before menses.

Leucorrhoea is very sticky ,whitish yellow accompanied by itching.